

When Meat Is High

BY CORNELIA C. BEDFORD

It is doubtful whether the cost of meat will be materially lessened for weeks to come, and as a result, house-holds all over the country are cutting down their orders for the butcher and giving greater attention to the preparation of green vegetables as well as to those foods which contain a large percentage of nitrogenous material. In the latter class we find the legumes—peas and beans—and as the days grow shorter and cooler we will turn often to them. A fortnight ago it was shown that a hearty dinner could be served with green vegetables carefully and economically prepared. Today the principal dish on the menu is made with eggs and tomatoes—a substantial and tasty preparation which will be enjoyed by every member of the family.

Our menu will be read as follows:
Cream of Carrot Soup. Croatons.
Egg and Tomato Timbales.

Browned Sweet Potatoes. Brown Sauce.
Succotash.
Apple and Nasturtium Salad.
Cheese Fingers.
Steamed Peach Pudding.
Foamy Sauce.
Coffee.

To make these timbales slowly stew some peeled and cut tomatoes until reduced to a thick pulp. Push this through a sieve. To one cupful add a very high seasoning of salt and pepper and set aside until quite cool, beat together six eggs until mixed, strain through a sieve and add to the tomatoes; also add one tablespoonful of finely chopped parsley. Butter thickly the requisite number of small molds and fill them with the mixture. Stand them in a pan partly filled with warm water, covered with a buttered paper, and place in a moderate oven until a spoon or knife inserted in the center of the mold comes out clean; this will take from twenty to thirty-five or forty minutes, according to size. If the oven is too hot the timbales will be honeycombed with holes instead of being like a smooth, well baked custard.

For the sauce boil together for five minutes one cupful of stock, beef extract or water and one dozen pepper-corns, one clove, one-half of a bay leaf, one tablespoonful each of chopped onion and carrot. In a second saucepan cook slowly one heaping tablespoonful each of butter and flour until browned, strain into this the contents of the first saucepan, stirring constantly until the sauce is smooth and thick. Add salt to taste, a tablespoonful of finely chopped olives and simmer for five minutes. After taking from the fire add one tablespoonful of sherry. The timbales are carefully turned out on a heated plate and the sauce poured around them.

From the standpoint of color only such carrots as are of a deep rich orange hue should be chosen. Scrape and grate or put them through a fine cutter of the food chopper. If you have a kitchen garden to draw from use only the outer, deeply tinted portion, discarding the pale central core. Boil one pint of this with one pint of water and a pinch of salt until very tender, then rub through a fine sieve. Scald one quart of milk in a double boiler, rub two tablespoonfuls of butter and three tablespoonfuls of flour together to a paste, gradually introduce and reduce it with some of the milk, turn into the hot liquid and stir until smoothly thickened.

Add the sieved carrot and a palatable seasoning of salt and pepper and cook for ten minutes longer. Serve with croatons—stale bread cut in tiny dice and fried in hot butter. If the soup is to be reheated, a tiny pinch of baking soda should be added to it.

Sweet potatoes are comparatively new in the market. If they cannot be had, a dish of boiled rice may be substituted. They should be scrubbed and boiled in slightly salted water until tender, then be peeled and cut in thick slices. Boil together for five minutes one-half of a cupful each of granulated sugar and water, take from the fire, add one tablespoonful of butter and stir until the latter is melted; dip each slice in the sauce and pack in a shallow buttered pan, pouring the remainder of the sauce over them. Cover and place the pan in a hot oven for a half hour, then uncover. When nicely browned they are ready to serve. A simpler method is, after boiling and scraping off the skin, to cut into halves lengthwise, spread with butter, arrange on a flat pan and brown in a quick oven.

To have a perfect succotash the corn should be milky and sweet, the beans small and still green. Shell sufficient lima beans to measure a pint. Score a dozen ears of corn and scrape out all the pulp. Put the beans on in just enough boiling water to cover, add a half teaspoonful of salt, and simmer for twenty-five minutes; add the corn and cook for fifteen minutes longer, seasoning well. If the succotash seems to dry, add just before taking from the fire a little hot milk. Last of all stir in one heaping teaspoonful of butter.

A salad of tart apples mingled with the spiciness of nasturtium leaves and blossoms is not to be despised. Prepare a French dressing with one-half of a teaspoonful of salt, one-quarter of a teaspoonful of pepper, four tablespoonfuls of olive oil and one tablespoonful of vinegar or lemon juice. Wash and dry the nasturtium leaves and arrange on individual plates or a platter. Quarter, core and pare as many tart apples as may be needed, cutting them quickly into bite. Mix at once with the dressing, heap on the leaves and garnish with nasturtium blossoms. To accompany the salad, mash some American cheese with a fork, adding a dash of pepper and sufficient sherry to blend to a paste. Spread this on thin, crustless slices of stale bread, cut into fingers, lay on a pan and place in a moderate oven until the cheese is melted. These may be served hot or cold.

Usually it happens that out of a basket of peaches a number will be either speckled or too green to use raw. Peel and stone a number of these and cut into thin slices. Mix together one pint of flour, one-half of a teaspoonful of salt, one tablespoonful of sugar and two teaspoonfuls of baking powder, and rub into the mixture two tablespoonfuls of butter. Mix this to a very thick batter with sweet milk, beating well. Thicken grease a deep mold with soft butter and fill it with alternate layers of the batter and sliced fruit, having the latter at the bottom and top. Cover closely and steam for three hours.

For the sauce put a cupful of finely cut peaches, six peach pits and one cupful of water in a saucepan and simmer gently until the fruit is soft enough to be rubbed through a sieve. Return to the fire in a clean saucepan, adding water, if necessary, to make one cupful and a half. When boiling stir into it one scant tablespoonful of cornstarch, stirring until smoothly thickened and clear. Add sufficient sugar to sweeten and simmer for ten minutes. Beat the white of one egg to a stiff dry froth. Add to the sauce a drop of almond extract and just enough fruit red color paste to tint it a pretty pink. Pour it slowly over the egg white, beating hard and fast. This will give a frothy, pale pink sauce of delightful flavor.

TAGGART THE WIZARD

New Chairman Is Particularly Clever at Sleight of Hand Work.

THOMAS TAGGART, chairman of the Democratic national committee, used to be a great practical joker, and many are the stories told in Indiana of his tricks that he played on his friends.

He has unusual skill as a sleight-of-hand performer. Formerly he was constantly using this gift in playing practical jokes on his friends. He doesn't do so much of it now, but there are many men in various parts of the country who will testify to his cleverness in this line.

Taggart's particular enemy used to be State Treasurer Kling, who lived in Indianapolis. A joke that they put up on a friend of King's is said to have taken them three months to hatch up.

King had a friend, Arthur Johnston, who owned a watch of very ingenious construction, which was valued at \$899 and of which he was very proud.

King and Taggart decided to play a trick with the watch the next time Johnston came to town. Then went to a jeweler and got a watch that in outward appearance resembled Johnston's. There was nothing to this watch except the case, and the inside was filled with a lot of unrelated springs and wheels.

Soon after Johnston arrived at Taggart's hotel, King too had to talk about watches. Then Johnston made a remark about his own watch.

"Yes," said King to Taggart, "Johnston has the finest watch you ever saw; you would be interested to look at it."

At this Johnston pulled out his watch and handed it to Taggart to examine. Taggart looked at it carefully, held it up to his ear and finally said:

"Yes, it is a beauty, it is certainly the finest watch I ever saw."

Then he held it up for further examination and all of a sudden dropped it on the marble floor.

Johnston and Taggart both jumped for it with a cry of alarm, but it was too late. The watch was smashed into a hundred pieces. The floor for an area of three or four feet was covered with springs and wheels and other parts of the watch. The way Taggart sympathized with Johnston was amusing to those who were in on the joke.

"Well, that's too bad, Taggart," said Johnston. "I suppose that watch must have cost you \$5 or \$100?"

Johnston went up in the air. "A hundred dollars?" he gasped, "Why, no, that watch cost me \$898."

"That's too bad, too bad," Taggart kept repeating. "I wonder if we can't get it fixed at the jeweler's across the street."

Such talk as this increased Johnston's fury.

"Fix that watch in an Indianapolis jewelry store!" cried he. "Well, that watch was made for me in Switzerland. There isn't a watchmaker in the United States that could make that watch."

Taggart continued to suggest fixing the watch, and Johnston was growing wilder every minute in trying to impress on Taggart the value of the watch and the damage that had been done.

But Taggart kept on in an innocent, bland way, telling what a good jeweler the man across the street really was.

He got a plate and began to pick up the pieces, while Johnston stormed around. Finally all of the pieces were gathered up and Taggart started for the door, as if to go across the street.

Then he stopped as if struck with a new thought, and began to put the wheels and springs back into the case himself.

"There," said Taggart, as he completed the job and surveyed it with apparent pride; "that wasn't as bad an accident as it seemed at first, was it?"

At this he handed back to Johnston

his \$800 watch, which he had been concealing in his clothes and shifted the dummy watch out of sight again.

"The watch seems to be all right, after all, doesn't it?" he asked in the same innocent way.



FATHER KNEIPP.
Famous Health Scientist and Humanitarian.

KNEIPP MALT COFFEE is prepared as a food drink for sensible and thinking people, who do not consider life as a joke. It is not made especially for cranks and sick people. If you are in health, you will enjoy it as a delicious, healthful, wholesome drink in the place of ordinary coffee and at less price.

Absolutely Pure, No Adulteration,

not a mixture or a mystery—simply a scientific evolution from a God given grain to a delightful, delicious, health-giving food drink.

But if you are nervous, suffering with indigestion, headaches, heart failure, sleeplessness, rheumatism and most ailments humanity is heir to, try Kneipp Malt Coffee for a week or two.

STOP DRINKING THE ORDINARY COFFEE and the joy of life will return. TRY IT. The effort is so small, the benefit so great.

R
2 Heaping tablespoonful Kneipp Malt Coffee-ground.
1 Pint of Cold Water.
Allow it to boil up just once, then let it simmer, not boil.
4 to 5 minutes, absolutely no longer. REMOVE THE GROUND.
Use Regularly.
(The above prescription will apply in all cases).

Not medicine, but a delicious, strength giving food drink.

Kneipp Malt Coffee brings Rosy Cheeks.

Your Health for a Quarter.

Another Good Way

to make Kneipp Malt Coffee is to place 2 heaping tablespoonful of the Ground Coffee in a clean pot (best to have Coffee in a cheese cloth sack) and pour one pint of boiling water on it. Then let stand for five to seven minutes (don't boil it) and use with pure cream and sugar to suit taste. Place cream in cup first and pour Coffee in slowly. It is best to remove grounds unless Coffee is used at once. Save the pictures of Father Kneipp on each package. They're good for Aluminum "Coffee Makers" and other useful premiums.

KNEIPP MALT FOOD CO...

THE PICKERING ADVERTISING BUREAU
Representatives for Utah and Idaho.
20 RICHARDS STREET, SALT LAKE CITY, UTAH.

Z. C. M. I. Wholesale Grocery Department,
Salt Lake City, Utah, Distributors.

With over 40 "Health Foods" and about 20 so-called "Coffee substitutes" on the market, the reader can readily understand that the average grocer dislikes to add "another brand" to the list, and usually will not until a demand has been created for the product. The fact, therefore, that about half a hundred of Salt Lake's most reliable grocers have purchased KNEIPP'S MALT COFFEE before even an attempt to create a demand for it has been made, should prove to you that this product has at least exceptional merit. No merchant in this city can tell you truthfully and in a definite manner what nine-tenths of the coffee "substitutes" consist of. EVERY MERCHANT NAMED BELOW can tell you and show you what KNEIPP MALT COFFEE is, and can immediately supply your orders and furnish you the handsome aluminum measure which is given with each "first order."

NORTH BENCH AND NORTHEAST.	
Twentieth Ward Co-op.	465 East South Temple
Williams Brothers.	418 East Fifth South
Knotts Bros.	149 K street
C. J. Poulger.	876 First street
Myers & Jensen.	476 Third street
Lundquist (Cash Grocery).	283 J street
	579 Fifth street
EAST.	
C. R. Smith.	407 South Sixth East
G. M. Wilkinson.	418 East Fifth South
H. Phillips.	36 South Twelfth East
M. M. Crook.	505 East Third South
N. Smith.	464 East Second South
Nelson Brothers.	318 East Second South
C. W. Sherwood.	725 East Third South
J. G. Colville.	335 East Fifth South
WEST AND SOUTHWEST.	
C. W. Peck.	189 West South Temple
M. J. Hardin.	373 West South Temple
D. Hays.	719 West South Temple
W. J. Laseano.	472 West First South
Western Co-op.	501 West First South
Fifth Ward Co-op.	370 West Second South
Fifth Ward Mercantile Co.	679 South Third West
Page & Co.	211 West Sixth South

NORTHWEST.	
William Stoneman.	441 West Fourth North
William's Parlor Grocery.	102 West First North
Louis Schanck.	223 North First West
Western Supply Co.	174 North Second West
H. J. Shimming.	337 North First West
D. W. Horsley.	602 West North Temple
H. P. Nielsen.	339 West Third North
L. Foster.	302 West North Temple
SOUTH AND SOUTHEAST.	
Mrs. E. Ball.	704 State street
F. & A. Bolto.	724 State street
Mrs. S. Horne.	1790 State street
J. & P. Branting.	673 South Fourth East
Christensen Bros.	674 South Fifth East
S. E. Warburton.	704-702 East Seventh South
R. Brady & Son.	704 East Seventh South
Brady & Morris.	361 East Seventh South
H. H. Greensides.	1125 South Ninth East
M. S. Rock.	Corner Ninth East and Tenth South
Louis Knight.	Corner Ninth East and Twelfth South
A. C. Smoot.	Eleventh East and Twelfth South (Sagar)
BUSINESS CENTER.	
Thirteenth Ward Store.	72 Main street
Barnes-Hardy Co.	23 Main street
New City Market.	28 West First South
Z. C. M. I.	

Elegant Aluminum Measure Free with each 24-ounce package (ground or berry)—25 cents

BINGHAM AND RETURN, \$1.00

Via D. & R. G., Sunday, Sept. 4th.
Leave Salt Lake 8:30 a. m. and 2:00 p. m. Three trains returning, special leaves Bingham at midnight. Grand outing of The Eagles.

The record don't come off till they pay. Our Honolulu rating book arrived today. Merchants' Protective association, publishers of rating books for Utah, Idaho and the Hawaiian islands. Collections and the rating book free to annual members of the association.

EAGLES' EXCURSION

To Bingham, Sunday, Sept. 4.
Trains leave D. & R. G. depo. 8:30 a. m. and 2:00 p. m. A good time is assured to all. Splendid chance to see the big mines. Trains returning leave Bingham at 4:30 p. m. and midnight. Fare \$1.00 for the round trip.